Introducing Your 2014 WELLNESS PROGRAM
Your Wellness Program Overview

Welcome to your 2014 Wellness Program! [CLIENT NAME] and Wellworks For You are excited to announce the new wellness program for the 2014 benefit year! You will have opportunities to participate in Wellness Challenges, Onsite Speakers, Health Coaching and More! Through your participation in various events throughout the year, you will earn points that can reward you with $625 at the end of the benefit year. Your new program details are outlined throughout this brochure!

Your 2014 Wellness Program
It’s simple! Accumulate 100 points from January 1, 2014 – December 1, 2014, and meet the minimum program requirements (see below), to earn $625!

2014 WELLNESS PROGRAM REQUIREMENTS

In order to qualify for this year’s incentive, you MUST complete the three minimum requirements by December 1, 2014! Even if you earn more than 100 points throughout the year by participating in events, if your Annual Preventative Screening and General Health Assessment are not completed by December 1, 2014, you will NOT be eligible for this year’s incentive.

STEP 1 – Annual Preventative Screening (10 pts)
You must complete at least one (1) of the Preventative Screening options below in 2014.
- Annual Preventative exam with your physician (print out the Proof of Visit form located on the Portal and take it to your doctor)
- Complete the Onsite Biometric event (details will be announced via email)

Please note: You will only receive points for completing one (1) of these activities, even if you complete both.

STEP 2 – General Health Assessment (10 pts)
You must complete the General Health Assessment located on the Wellness Portal. This is a new benefit year, so while you may have completed the General Health Assessment last year, you must complete it again in order to earn credit.
1. Login to your Personal Wellness Website (www.wellworksforyoulogin.com)
2. Click on the ’My Health Assessments’ tab to access your personal Health Risk Assessments
3. Click on ‘View My Health Assessments’
4. Complete the ‘General Health Assessment’

STEP 3 – Earn 100 Points
By completing the required events above, you earn 20 points toward the yearly goal. Collect 80 more points by participating in additional activities located on page (3) to become eligible for the $625 incentive.

The deadline for meeting these requirements is December 1, 2014.
Points To Wellness

It’s simple - accumulate 100 points from January 1, 2014 through December 1, 2014 to earn a prize of $625.00 next year! The chart below outlines all of the different events and activities that you can complete to earn points.

POINTS REQUIRED TO EARN INCENTIVE: 100

REQUIRED ACTIVITIES (You must complete these activities in order to be eligible for the incentive)

<table>
<thead>
<tr>
<th>PROGRAM</th>
<th>POINT VALUE</th>
<th>DETAILS</th>
</tr>
</thead>
<tbody>
<tr>
<td>Annual Preventative Screening</td>
<td>10</td>
<td>Complete your Annual Physical with your Primary Care Physician or participate in the Onsite Biometrics event. You will only receive points for completing one.</td>
</tr>
<tr>
<td>General Health Assessment</td>
<td>10</td>
<td>Complete the General Health Assessment on the Wellworks For You Portal by 12/1/14. Participation will be updated in the portal after the December 1st deadline.</td>
</tr>
</tbody>
</table>

ADDITIONAL ACTIVITIES (Earn a minimum of 80 points by completing any activity from the categories below)

<table>
<thead>
<tr>
<th>PROGRAM</th>
<th>POINT VALUE</th>
<th>DETAILS</th>
</tr>
</thead>
<tbody>
<tr>
<td>Onsite Speakers</td>
<td>20</td>
<td>Sign participation sheet</td>
</tr>
<tr>
<td>Onsite Health Coaching</td>
<td>20</td>
<td>Sign participation sheet</td>
</tr>
<tr>
<td>Onsite Preventative Nurses</td>
<td>20</td>
<td>Sign participation sheet (Points are not rewarded for Chair Massages)</td>
</tr>
<tr>
<td>Wellness Challenges</td>
<td>20</td>
<td>Team/Individual challenges will be announced via email during the year</td>
</tr>
<tr>
<td>Yearly Walking Challenge</td>
<td>20</td>
<td>Must log at least 1,000,000 steps by December 1, 2014. Participation will be updated in the portal after the December 1st deadline.</td>
</tr>
<tr>
<td>Race Participation</td>
<td>20</td>
<td>Minimum distance of 5k (Limit 1 per year)</td>
</tr>
<tr>
<td>Cube to 5K</td>
<td>20</td>
<td>Complete this 10-week training program to prepare for a 5K</td>
</tr>
<tr>
<td>Attend Fitness Classes</td>
<td>20</td>
<td>Attend a minimum of 50 classes (Zumba, Yoga, etc.). Must submit attendance sheet located on Wellness Portal.</td>
</tr>
<tr>
<td>Workout @ Home</td>
<td>20</td>
<td>Log 100 at-home workouts (walking in your neighborhood, home gym, etc.). Must submit attendance sheet located on Wellness Portal.</td>
</tr>
<tr>
<td>Membership to Gym, Athletic Facility, Studio or Health Club</td>
<td>20</td>
<td>Show proof of 100 visits by December 1, 2014. Request attendance report from gym.</td>
</tr>
<tr>
<td>Weight Management Program</td>
<td>20</td>
<td>Program may be at home, in office, or through physician (example: Weight Watchers). Proof must include 12 weeks of active participation in the program.</td>
</tr>
<tr>
<td>Wellness Check-ins with Wellworks</td>
<td>20</td>
<td>Log six weeks of healthy habits on your Check-in Sheets for credit. Details are provided on the Wellness Portal.</td>
</tr>
<tr>
<td>Rest &amp; Refresh Challenge</td>
<td>20</td>
<td>Complete this 4-week challenge encouraging you to sleep at least 7-8 hours each night and drink the appropriate amount of water each day for your body weight.</td>
</tr>
</tbody>
</table>

Your health plan is committed to helping you achieve your best health. Rewards for participating in a wellness program are available to all employees. If you think you might be unable to meet a standard for a reward under this wellness program, you might qualify for an opportunity to earn the same reward by different means. Contact us and we will work with you (and if you wish, with your doctor) to find a wellness program with the same reward that is right for you in light of your health status.

IMPORTANT!

Submitting Documents for Credit

In order to earn credit for certain activities, you must provide proof of completion. You can download forms for various activities on the Wellness Portal under ‘My Profile’ and ‘Wellness Toolbox.’ Please submit all documents to [Coordinator] at info@wellworksforou.com or via fax at 610.640.9749 by December 1, 2014.
Online Wellness Portal

IMPORTANT! In order for your participation in the program to be tracked, you MUST have a Wellworks For You Online Portal Account. If you already have an account on the portal from previous years, you do not need to create a new one.

New Member? Register Now!
1. Go to [www.wellworksforyoulogin.com](http://www.wellworksforyoulogin.com)
2. Click the link to create an account as a New Member
3. Enter your COMPANY ID: XXXXX
4. Create a Username and Password
5. Accept the terms of the Consent Form
6. Enter the required Personal Information

Viewing Participation
Wondering how many points you have earned throughout the year?
1. Log into your Wellness Portal ([www.wellworksforyoulogin.com](http://www.wellworksforyoulogin.com))
2. Go to the ‘My Profile’ tab at the top of the page and click ‘ResultsNow’

Please allow at least 4 weeks for participation to be updated in the portal after completing an activity. The General Health Assessment and Yearly Walking Challenge participation will be updated AFTER the December 1 deadline. If there are any discrepancies with your participation, please contact [Coordinator] at info@wellworksforyou.com.

SIGNING UP FOR EVENTS

Signing up for Events
Programs and events are announced via email by Wellworks For You each month. If you do not receive the emails, please contact [Coordinator] at info@wellworksforyou.com.

Events are also listed on your personal Wellness Portal ([www.wellworksforyoulogin.com](http://www.wellworksforyoulogin.com)) under ‘My Profile’ and ‘Programs and Events.’ To view extended details about each program, select ‘Click Here for Details’ next to the event title.

iPhone/Android App

The Wellworks For You Portal App includes all of your favorite features from the Portal including Weekly Recipes and Grocery Lists, Pedometer Tracking and more!

Android Users search the Play Store for “Wellworks For You”

iPhone Users search the App Store for “Wellworks For You”

Wellness Coordinator: [Coordinator Name]  |  Direct Line: 800.425.4657  |  Email: info@wellworksforyou.com

PROMOTING WELLNESS AT WORK AND IN LIFE